

2022 ROCK-A-THON: ROCKIN' THE BLUES AWAY

After two years on hiatus,
Senior Services is excited to announce
the return of the Rock-a-Thon.

This is one of Senior Services' largest
fundraisers and this year will be better than
ever. The event will feature



musical entertainment by Mel Jones & His Bag O' Bones.

Form a team, donate to a team, or just attend the event
for fun and fellowship. The entire community of all ages is
invited to form teams and/or attend.

Event is March 25 from 5:00 - 8:00pm at
Rescue House Church.

See page 11 for all the details!!

NEWSLETTER TABLE OF CONTENTS

SPECIAL EVENTS	2	Games.....	17
MISC. INFORMATION	12	Lending Library.....	17
SENIOR GAMES / SILVERARTS	13	Lunch.....	17
ONGOING EVENTS		Special Interest.....	17
Arts & Crafts.....	14	SERVICES	18
Chorus.....	14	WAYS TO HELP	
Computers.....	14	Financial Support.....	20
Dance.....	14	Volunteer Opportunities.....	20
Drop In Activities.....	15	CALENDAR OF EVENTS	21
Exercise.....	15	SHIIP INFORMATION	23

JANUARY SPECIAL EVENTS

Main Campus:

Bobby H. Knight Senior Services Building
Located at 278 Meroney Street.
Hours are Monday - Friday
8:00am - 4:30pm

Health & Fitness Center:

Brock Recreation Center (Gym)
Located at 644 N. Main Street
Hours are Monday - Thursday
8:00 AM - 8:00 PM
Fridays 8:00am - 4:30pm

PHONE NUMBER FOR BOTH: 336-753-6230



BROCK SENIOR STEPPERS -

NEW! - starting Jan. 3

Brock Health & Fitness Center Gym

Winter is the perfect time to walk in the gym of our Health & Fitness Center (located at the Brock). Register to participate, then each time you walk in the gym you will report the number of laps you make. You will receive a welcome gift upon registration. All participants will be entered in a quarterly drawing for a great prize. The person with the most laps each month will be recognized on the bulletin board. The person with the most laps at the end of the year will be recognized on a banner & will receive a special prize. This program only counts for laps walked at the Brock Gym. The gym is open each weekday for walkers from 8:00 - 10:00am and any other time there is not a program scheduled. ***Open to adults 55 and older only.***

BOWLING LUNCH

Monday, January 3 - 1:00pm
Register by Dec. 28

This lunch is for current bowlers and those who would like to join. We will be picking teams for the next league and awarding trophies to last session's winners. If you are not able to make the lunch, but want to bowl, call & let us know. ***Open to adults 55 and older and exceptions under the general participation policy.***



BLOOD PRESSURE SCREENINGS

Tuesday, January 4 - 10:00am

A trained professional will take your blood pressure at no charge every 1st Tuesday.

CORNHOLE LEAGUE

Wednesdays, January 5 - 26 - 1:00 - 3:00pm
Brock Health & Fitness Center Gym
Register by Dec. 29

Show off your cornhole skills and have some fun. Players will be assigned partners the first week and teams will play each week. ***Open to adults 55 and older and exceptions under the general participation policy.***

SENIOR WRITING GROUP - NEW!!

Thursday, January 6 - 2:00pm

Instructor: Marie Craig

Register by Dec. 30

Join Senior Services on the first Thursday of each month. Participants will work on improving writing skills, whether it be for your own personal knowledge or with intent to write a book, article, short story, or more. ***Open to adults 55 and older and exceptions under the general participation policy.***

WINTER DANCE

Friday, January 7 - 2:00pm

Brock Health & Fitness Center Gym

Register by Dec. 30



Come out and show off your best dance moves. "DJ Carrie" will play some favorite dance songs from all genres for you to enjoy. Light refreshments will be served. ***Open to adults 55 & older and exceptions under the general participation policy.***

INFORMATION SESSION FOR A MATTER OF BALANCE

Monday, January 10 - 10:00am

Speaker: Kelly Stellato

Register by Jan. 3

Have you seen the advertisements for Senior Services' "A Matter of Balance" classes & wonder if they are right for you? Do you worry about falling and what impact that might have on your life? Then don't miss this seminar to see if the next session of "A Matter of Balance" might be right for you. ***Open to adults of all ages.***

JANUARY SPECIAL EVENTS



MONTHLY MOVIE

Monday, January 10 -

1:00pm - (note change of date due to Holiday)

MPLC license No: 504342247

Register by Jan. 3

On the 3rd Monday of each month, Senior Services will show a movie. Of course, there will be popcorn! To learn the title, call Senior Services on or after the Tuesday prior to the movie. We will choose an appropriate movie based on what is available. *In order to make our events more accessible, closed captioning will be used for movies when available.* **Open to adults 55 & older and exceptions under the general participation policy.**

COFFEE & CAREGIVING

Tuesday, January 11 - 10:00am

Register by Jan. 7

This is a time to grab coffee, interact with other caregivers, share experiences, and ask any questions about caregiving. This will be offered on the 2nd & 4th Tuesday of each month. **Open to caregivers of all ages.**

COMMON SPINAL DISORDERS AND TREATMENTS

Tuesday, January 11 - 10:00am

Presented by: Dr. Andrew Stevens, Atrium Health, Wake Forest Baptist

Register by Jan. 4

Dr. Stevens will discuss common spinal disorders such as herniated discs, sciatica, and spinal osteoarthritis. What causes these disorders, and how can the pain be relieved? **Open to adults of all ages. This seminar will also be offered via Zoom for those who cannot join in person. Call for link.**



GOT PLANS? ADVANCE CARE PLANNING WORKSHOP

Tuesday, January 11 - 1:00pm

Facilitator: Representative from Hospice & Palliative Care

Register by Jan. 4

On the 2nd Tuesday of each month, representatives will be on hand to take care of everything you need to complete your advance directives. Be sure your wishes are honored

by taking a few minutes now to complete these important documents. For more information you can go to www.gotplansnc.org. **Picture ID required.**

SCRAPBOOKING

Tuesday, January 11 - 2:00pm

Register by Jan. 4

This group is for all: for those who want to know more about scrapbooking; for those who would like to get started now that we have more time; for those that have a subject in mind they would like to record; for those who already have an ongoing project but would like to work with other "scrappers"; for those who would like new ideas or help from others. Come join our group on the 2nd Tuesday of each month. Participants bring their own supplies. ***This group is open to all ages.***

BINGO

Friday, January 14 - 1:00pm

Sponsored by: Patrick Tucker, Humana

Register by Jan. 7

Come out for some fun games of Bingo! Pre-packaged snacks will be served. *In order to make our events more accessible, Braille cards and display screens are available.* **Open to adults 55 and older and exceptions under the general participation policy.**

TECH TUESDAY TALK

Tuesday, January 18 - 10:00am

Speakers: Carrie Miller, Events Coordinator & Jazmyne Baylor, Public Library

Register by Jan. 11

Senior Services will soon offer a chance once a month to have your technology questions answered. In addition, there will be tablets that you can use while visiting the main campus. Come to this talk to learn more about these exciting programs.

This seminar is open to adults of any age.



JANUARY SPECIAL EVENTS

CAREGIVER ACADEMY - MINDFULNESS IN CAREGIVING CONTEXTS

Wednesday, January 19 - 1:00pm - Wake Forest Baptist Health Davie Medical Center or via Zoom

Register in advance to 336-713-2378

We are pleased to be a partner in the Caregiver Academy which meets monthly to provide education and support to caregivers. This month we will discuss mindfulness, which calls for action and personal investigation. Because of its proven beneficial impact on the brain, it is a powerful tool to help with anxiety, anger, stress, grief and burnout - all of which characterize the caregiving experience. Understand how to utilize mindfulness to elevate your caregiving role into a higher level of joy and satisfaction.

CONVERSATION WITH YOUR ELECTED OFFICIALS

Thursday, January 20 - 9:45am

Register by Jan. 13

Join us for a time to meet your County Commissioners and Town Officials. You will be able to ask questions of them and voice any suggestions, concerns or praise. Anyone who wishes is welcome to stay for lunch served at 11:00am. Please indicate when registering if you wish to stay for lunch or not, and if you prefer the hot meal option or chef salad option. ***Open to adults 55 & older and exceptions under the general participation policy.***



SENIOR BOOK CLUB

Thursday, January 20 - 12:30 - 2:00pm

**Location: Davie Co Public Library
Leader: Genny Hinkle**

Books are provided at no charge. Books must be picked up from, and returned to, Davie County Public Library. Meets the 3rd Thursday of each month. Co-sponsored by the Davie County Public Library. Book titles will be given to Senior Services one month in advance.

Open to adults 55 and older and exceptions under the general participation policy.

VISION SCREENINGS

Monday, January 24 - 10:00am

Screener: Kintegra Family Medicine

Register by Jan. 17

A representative from Kintegra will be here to conduct vision screenings. ***Open to adults 55 & older and exceptions under the general participation policy.***



COFFEE & CAREGIVING

Tuesday, January 25 - 10:00am

Register by Jan. 21

This is a time to grab coffee, interact with other caregivers, share experiences, and ask any questions about caregiving. This will be offered on the 2nd & 4th Tuesday of each month. ***Open to caregivers of all ages.***

VETERANS SOCIAL

Tuesday, January 25 - 1:00pm

Speaker: Amanda Cox, CaptionCall

Register by Jan. 18

Senior Services and the Veterans Services Office host this event for veterans. Any veteran is invited to come out for a time of socialization and refreshments. This quarter, Ms. Cox will speak about free telephone equipment that is available to those with hearing loss. ***This is intended to be a time of reminiscing and socialization for veterans; therefore, it is limited to veterans only - no guests, unless a caregiver is needed in order for the veteran to attend.***

A MATTER OF BALANCE

Wednesdays, January 26 - March 23 - 12:00 - 2:00pm

Instructor: Kelly Stellato

Register by Jan. 19

This program emphasizes practical strategies to manage falls. You will learn to view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home, and exercise to increase strength and balance.

Open to adults 55 and older. Please note this session will occur at the Main Campus.

JANUARY/FEBRUARY SPECIAL EVENTS

GOOD HEALTH CLUB - NEW!!

Thursday, January 27 - 1:00pm

Facilitator: Stacey Southern

Register by Jan. 20

This new group will meet the 4th Thursday of each month. Participants will learn healthy eating tips, share recipes for healthy meals, and do some light exercises. If your New Year's resolution is to improve your health, be sure to join us. ***Open to adults 55 and older and exceptions under the general participation policy.***



SENIOR GAMES KICKOFF

Friday, January 28 - 10:00am -

Brock Health & Fitness Center Gym

Register by Jan. 21

Are you curious about Davie County Senior Games and SilverArts? Join us to learn what Senior Games and SilverArts is all about by participating in a fun, interactive activity. Senior Games is not just for athletes. Come to this event to learn more, try a couple of events, and pick up your registration packet. Participants will also have the opportunity to win a free Senior Games registration. ***Open to adults 50 and older.***

BLOOD PRESSURE SCREENINGS

Tuesday, February 1 - 10:00am

A trained professional will take your blood pressure at no charge every 1st Tuesday.



TAX AIDE

Times: By Appointment Only:

8:30am - 12:30pm

**Wednesdays: February 2, 9, 16
& 23, March 2, 9, 16, 23, & 30,
April 6**

Call 336-753-6230 to make appointment.

2021 Tax Returns will be prepared by qualified AARP preparers at the main campus of Senior Services. Due to COVID, the drop-off plan used last year will again be in place. Taxpayers will make a 15 minute interview appointment to drop off 2021 tax documents. All documents will be checked in and reviewed by a tax counselor. Another 15 minute appointment will then be scheduled (typically the Friday following that appointment) to review the 2021 tax return and to pick up all documents, including a copy

of the 2021 return. All returns will be e-filed. All taxpayers will need to pick up a form from Senior Services to read & complete prior to the first appointment.

BADMINTON / PING PONG WORKSHOP

Thursday, February 3 - 1:00pm

Location: Brock Campus

Register by Jan. 27

Limited to first 24 to register.

Badminton and ping pong are two easy to learn activities that are fun and can help keep you active. Come learn the basics of these two games and have some fun with your friends.

This is open to all adults 55 and older and exceptions under the general participation policy.

SENIOR WRITING GROUP - NEW!!

Thursday, February 3 - 2:00pm

Instructor: Marie Craig

Register by Jan. 27

Join Senior Services on the first Thursday of each month. Participants will work on improving writing skills, whether it be for your own personal knowledge or with intent to write a book, article, short story, or more. ***Open to adults 55 and older and exceptions under the general participation policy.***



KNITTING CLASSES

Fridays, February 4 - 25 -

9:00 to 11:00am

Instructor: Danny Cartner

Cost: No charge to participant

Register by Jan. 28

New knitters will learn to cast on, knit, purl, change colors, bind off, hide tails, and read a simple pattern. Participants will make a doll blanket during the class using these new skills, and will receive instructions for enlarging that doll blanket to a baby blanket. Participants will need two skeins (4 oz. is big enough) of worsted weight yarn of different colors, US size 8 knitting needles (preferably 24-32 inch circular needle, but straight needles will work), a blunt tapestry needle or yarn needle, and a pair of scissors.

Open to adults 55 and older and exceptions under the general participation policy.

FEBRUARY SPECIAL EVENTS



BINGO & NATIONAL WEAR RED DAY

Friday, February 4 - 1:00pm

Sponsored by: Ellis & Newsome PLLC

Register by Jan. 28

Come out for some fun games of Bingo! Pre-packaged snacks will be served. Today is also National Wear Red Day to bring awareness to heart disease, so be sure to wear red in support. *In order to make our events more accessible, Braille cards and display screens are available. Open to adults 55 and older and exceptions under the general participation policy.*

COFFEE & CAREGIVING

Tuesday, February 8 - 10:00am

Register by Feb. 4

This is a time to grab coffee, interact with other caregivers, share experiences, and ask any questions about caregiving. This will be offered on the 2nd & 4th Tuesday of each month. *Open to caregivers of all ages.*

GOT PLANS?

ADVANCE CARE PLANNING WORKSHOP

Tuesday, February 8 - 1:00pm

Facilitator: Representative from Hospice & Palliative Care

Cost: No Charge - Picture ID required

Register by Feb. 1

On the 2nd Tuesday of each month, representatives will be on hand to take care of everything you need to complete your advance directives. Be sure your wishes are honored by taking a few minutes now to complete these important documents. For more information you can go to www.gotplansnc.org.

SCRAPBOOKING

Tuesday, February 8 - 2:00pm

Register by Feb. 1

This group is for all: For those who want to know more about scrapbooking; for those who would like to get started now that we have more time; for those that have a subject in mind they would like to record; for those who already have an ongoing project but would like to work with other "scrappers"; for those who

would like new ideas or help from others. Come join our group on the 2nd Tuesday of each month. Participants bring their own supplies. *This group is open to all ages.*

MEMORY CAFÉ

Tuesday, February 8 - 2:00pm

Register no later than Feb. 1

A memory café is a social gathering for persons with Alzheimer's or other dementia and their caregivers. The café is free and offers a Valentine's Day themed event and light refreshments. The café is beneficial not only for those with memory loss, but for the caregivers as well. Caregivers will benefit from the company and companionship of others in similar situations as themselves. Open to anyone with memory loss and their caregivers. A family member or friend that serves as a caregiver MUST accompany the guest. This includes spouses, children, friends or acquaintances. We respectfully request paid caregivers not attend in lieu of friends or family.



MEET THE CANDIDATES

Thursday, February 10 - 5:00pm

Register no later than Feb. 3

Before you vote, attend this event. We have invited local candidates to Senior Services so they can each have the opportunity to speak and the audience can ask questions of them. Light refreshments will be served at 5:00, and the forum will begin at 5:30. Become an informed voter by attending this important event. *Open to all ages.*

SINGING TELEGRAMS

Thursday & Friday,

February 10 & 11

Cost: \$10.00 for 2 songs

Register no later than Jan. 31

Are you looking for a unique Valentine's Day idea for your sweetheart, friend, or family member? Our very own Singing Seniors will go to the home or office of your loved one and serenade them. Call Senior Services to arrange the telegram. You choose the songs from a list or special requests will try to be accommodated. All money raised goes to Senior Services. *This is open to all ages.*



FEBRUARY SPECIAL EVENTS

BEGINNER'S PICKLEBALL CLINIC

Friday, February 11 - 1:00 - 3:00pm -

Brock Health & Fitness Center Gym

Instructor: Don Hankins, USA Pickleball Association Ambassador

Limited to the first 12 to register

Are you interested in learning how to play Pickleball? Mr. Hankins will be joining Senior Services to share all pickleball tips and tricks. This is a great opportunity to try something new! ***This is open to all adults 55 and older and exceptions under the general participation policy.***



VALENTINE'S DAY PARTY

Monday, February 14th - 2:00pm

Register no later than Feb. 7

Our annual Valentine's Day party will have great food and a fun Valentine's themed game. Come out and celebrate with your friends and make some new ones! ***Open to adults 55 & older and exceptions under the general participation policy.***

TECH TUESDAY

Tuesday, February 15 - 10:00 - 11:00am



Instructor: Jazmyne Baylor, Davie County Public Library

Register by Feb. 8

On the 3rd Tuesday of the month bring your questions about your phone, tablet, or computer and Jazmyne will help you. Not only will you get your question answered, but you are likely to learn from other questions asked as well. ***Open to adults 55 and older and exceptions under the general participation policy.***

CAREGIVER ACADEMY - CREATIVE AND HOLISTIC ALTERNATIVES

Wednesday, February 16 - 1:00pm - Wake Forest Baptist Health Davie Medical Center or via Zoom

Register in advance to 336-713-2378

We are pleased to be a partner in the Caregiver Academy which meets monthly to provide education and support to caregivers. This month we will strive to understand the effectiveness of alternative therapeutic

treatments such as aromatherapy, essential oils, Healing Touch, spiritual grounding, breathing, integrative medicine, meditation, and prayer to supplement the doctor's orders and medications.

SENIOR BOOK CLUB

Thursday, February 17 - 12:30 - 2:00pm

Leader: Genny Hinkle

Location: Davie County Public Library

Books are provided at no charge. Books must be picked up from, and returned to, Davie County Public Library. Meets the 3rd Thursday of each month. Co-sponsored by the Davie County Public Library. Book titles will be given to Senior Services one month in advance. ***Open to adults 55 and older and exceptions under the general participation policy.***

INTERMEDIATE PICKLEBALL CLINIC

Friday, February 18 - 1:00 - 3:00pm -

Brock Health & Fitness Center Gym

Instructor: Don Hankins, USA Pickleball Association Ambassador

Limited to the first 12 to register

For those who know the basics, and are interested in improving your skills, Mr. Hankins will be sharing pickleball tips and tricks. ***This is open to all adults 55 and older and exceptions under the general participation policy.***

MONTHLY MOVIE

Monday, February 21 - 1:00pm

MPLC license No: 504342247

Register by Feb. 14



On the 3rd Monday of each month Senior Services will show a movie. Of course there will be popcorn! To learn the title, call Senior Services on or after the Tuesday prior to the movie. We will choose an appropriate movie based on what is available. *In order to make our events more accessible, closed captioning will be used for movies when available.* ***The movie is open to adults 55 and older and exceptions under the general participation policy.***

FEBRUARY/MARCH SPECIAL EVENTS

COFFEE & CAREGIVING

Tuesday, February 22 - 10:00am



Register by Feb. 18

This is a time to grab coffee, interact with other caregivers, share experiences, and ask any questions about caregiving. This will be offered on the 2nd & 4th Tuesday of each month. ***Open to caregivers of all ages.***

BLACK HISTORY MONTH CELEBRATION

Tuesday, February 22 - 2:00pm

Program Title: Our Journeys, Our Songs Part 2

Register no later than Feb. 15

February is Black History Month & Senior Services is pleased to join the Davie Chapter of the NAACP to present this annual celebration. This will build upon last year's wonderful program, but if you missed last year, don't let that stop you. There will be great words, songs, and refuge praise dances. Refreshments will be served. ***Open to general public of all ages. This program will also be offered via Zoom for those who cannot join in person. Call for link.***

GOOD HEALTH CLUB - NEW!

Thursday, February 24 - 1:00pm

Facilitator: Stacey Southern

Register by Feb. 17

This new group will meet the 4th Thursday of each month. Participants will learn healthy eating tips, share recipes for healthy meals, and do some light exercises. If your New Year's resolution is to improve your health, be sure to join us. ***Open to adults 55 and older and exceptions under the general participation policy.***



HEART HEALTH SEMINAR

Monday, February 28 - 10:00am

Presenter: Allegra Tucker, Davie County Health Dept.
Register by Feb. 21

February is American Heart Month. Join Ms. Tucker as she offers general tips and information on how to keep your heart

healthy! ***Open to adults of all ages. This seminar will also be offered via Zoom for those who cannot join in person. Call for link.***

BLOOD PRESSURE SCREENINGS

Tuesday, March 1 - 10:00am

A trained professional will take your blood pressure at no charge every 1st Tuesday.

SENIOR WRITING GROUP - NEW!!

Thursday, March 3 - 2:00pm

Instructor: Marie Craig

Register by Feb. 24

Join Senior Services on the first Thursday of each month. Participants will work on improving writing skills, whether it be for your own personal knowledge or with intent to write a book, article, short story, or more. ***Open to adults 55 and older and exceptions under the general participation policy.***



GRANDS MOVIE DAY

Friday, March 4 - 1:00pm

MPLC license No: 504342247

Register by Feb. 25

Davie County Schools are out this day. So bring the grandchildren, great-grandchildren, or other friends out for a family-friendly movie. We'll have the popcorn ready. To learn the title call on or after February 22. Those 55 and older without grandchildren are welcome as well. All children must be accompanied by an adult. ***In order to make our events more accessible, closed captioning will be used for all movies when available.***

LEGAL SEMINAR

Monday, March 7 - 10:00am

Presenter: Hank Van Hoy, Attorney

Register by Feb. 28

Everyone, regardless of income, needs to do some type of estate planning. Mr. Van Hoy will be here to bring us important information and answer some questions on this topic. ***Open to adults of all ages. This seminar will also be offered via Zoom for those who cannot join in person. Call for link.***



MARCH SPECIAL EVENTS

COFFEE & CAREGIVING

Tuesday, March 8 - 10:00am

Register by March 4

This is a time to grab coffee, interact with other caregivers, share experiences, and ask any questions about caregiving. This will be offered on the 2nd & 4th Tuesday of each month. ***Open to caregivers of all ages.***

NOVANT HEALTH SEMINAR

Tuesday, March 8 - 10:00am

Presenter: Representative from Novant Health

A speaker from Novant Health will be here to provide timely information on a health topic. Please call closer to date to learn topic. ***Open to adults of all ages. This seminar will also be offered via Zoom for those who cannot join in person. Call for link.***

GOT PLANS?

ADVANCE CARE PLANNING WORKSHOP

Tuesday, March 8 - 1:00pm

Facilitator: Representative from Hospice & Palliative Care

Cost: No Charge - Picture ID required

Register by March 1

On the 2nd Tuesday of each month, representatives will be on hand to take care of everything you need to complete your advance directives. Be sure your wishes are honored by taking a few minutes now to complete these important documents. For more information you can go to www.gotplansnc.org.



SCRAPBOOKING

Tuesday, March 8 - 2:00pm

Register by March 1

This group is for all: For those who want to know more about scrapbooking; for those who would like to get started now that we have more time; for those that have a subject in mind they would like to record; for those who already have an ongoing project but would like to work with other "scrappers"; for those who would like new ideas or help from others. Come join our group on the 2nd Tuesday of each month. Participants bring their own supplies. ***This group is open to all ages.***

SOCK BUNNY CRAFT

Thursday, March 10 - 1:00pm

Instructor: Carrie Miller, Events Coordinator

Cost: \$2.00 (due upon registration)

Register by March 3

Limit of 20 participants

Just in time for Easter decorating, make your own cute Sock Bunny. An example will be on display at the front desk. Cost is \$2.00, which is due upon registration and is non-refundable. All supplies will be furnished. ***Open to adults 55 and older, and exceptions under the general participation policy.***

TECH TUESDAY

Tuesday, March 15 - 10:00 - 11:00am

Instructor: Jazmyne Baylor, Davie County Public Library

Register by March 8

On the 3rd Tuesday of the month bring your questions about your phone, tablet, or computer and Jazmyne will help you. Not only will you get your question answered but you are likely to learn from other questions asked as well. ***Open to adults 55 and older and exceptions under the general participation policy.***

SENIOR GAMES

OPENING CEREMONIES

AND LUNCH

Tuesday, March 15 - 10:00am -

RISE Sports Complex

Cost - Free (with paid Senior Games registration)

Register on your Senior Games registration form

Help us kick off our 2022 season of Davie County Senior Games! We will light and carry the torch, hear a few remarks, and have lunch. There will be several events available in which you can compete. Open to all paid Senior Games & SilverArts participants. Call for more information on Senior Games or see pages 12 & 13 for details.



MARCH SPECIAL EVENTS

CAREGIVER ACADEMY - MUSIC THERAPY

Wednesday, March 16 -
1:00pm -



Wake Forest Baptist Health Davie Medical
Center or via Zoom

Register in advance to 336-713-2378

We are pleased to be a partner in the Caregiver Academy which meets monthly to provide education and support to caregivers. This month we will discuss Music Therapy. Music is proven to reduce loneliness, influence your mood, and decrease pain. Learn how to use the latest technology and research to create music experiences to help you and your care receiver discover the joy of shared and individual connection through the magnificence of music.

SENIOR BOOK CLUB

Thursday, March 17 - 12:30 - 2:30pm

Location: Davie County Public Library

Leader: Genny Hinkle

Davie County Public Library

Books are provided at no charge. Books must be picked up from, and returned to, Davie County Public Library. Meets the 3rd Thursday of each month. Co-sponsored by the Davie County Public Library. Book titles will be given to Senior Services one month in advance. ***Open to adults 55 and older and exceptions under the general participation policy.***



ST. PATRICK'S DAY BINGO

Thursday, March 17 - 1:00pm

**Sponsored by: Roberts
Chapel, Mocksville**

Register by March 10

Come out for some fun games of Bingo! Pre-packaged snacks will be served. Be sure to wear green for St. Patrick's Day. *In order to make our events more accessible, Braille cards and display screens are available.* ***Open to adults 55 and older and exceptions under the general participation policy.***



WELCOME TO MEDICARE

Friday, March 18 - 10:00am -
1:00pm

**Speaker: Michelle Ellis, SHIP
Coordinator**

Register no later than March 11

If you are eligible for Medicare soon, learn about the many options available so you can make the choices that are right for you. This program will explore the basics of Medicare, including Parts A & B, supplements, prescription drug plans, Advantage plans, as well as assistance programs to help pay for some of Medicare related cost.

This program is open to anyone who will soon be on Medicare. A light meal will be served following the seminar.

MONTHLY MOVIE

Monday, March 21 - 1:00pm

MPLC license No: 504342247

Register by March 14

On the 3rd Monday of each month Senior Services will show a movie. Of course there will be popcorn! To learn the title, call Senior Services on or after the Tuesday prior to the movie. *In order to make our events more accessible, closed captioning will be used for movies when available.* ***The movie is open to adults 55 and older and exceptions under the general participation policy.***

COFFEE & CAREGIVING

Tuesday, March 22 - 10:00am

Register by March 18

This is a time to grab coffee, interact with other caregivers, share experiences, and ask any questions about caregiving. This will be offered on the 2nd & 4th Tuesday of each month.

Open to caregivers of all ages.

GOOD HEALTH CLUB - NEW!!

Thursday, March 24 - 1:00pm

Facilitator: Stacey Southern

Register by March 17

This new group will meet the 4th Thursday of each month. Participants will learn healthy eating tips, share recipes for healthy meals, and do some light exercises. If your New Year's resolution is to improve your health, be sure to join us. ***Open to adults 55 and older and exceptions under the general participation policy.***

MARCH SPECIAL EVENTS

ROCK-A-THON: "ROCKIN' THE BLUES AWAY"

Friday, March 25 - 5:00 -

8:00pm -

Rescue House Church

For three hours, "Rock-A-Teers" will rock in rocking chairs. Rock-A-Teers are part of a team and have gotten donations to sponsor their time rocking. Anyone in the community is invited to form a team and/or attend the event. The event will feature musical entertainment by Mel Jones & His Bag O' Bones. The Dog Wagon food truck will be available from which to purchase food. Form a team, become a Rock-A-Teer, donate to a team, or just come out and enjoy the fun. The event is free to attend (although donations are appreciated). All proceeds go to Senior Services.



DISASTER PREPAREDNESS SEMINAR

Monday, March 28 - 10:00am

Speaker: Brian Byrd, Davie County EMS

Register no later than March 21

Disasters can happen anytime. Be sure that you are prepared in case something happens.

Open to adults of all ages. This seminar will also be offered via Zoom for those who cannot join in person. Call for link.



COVID PRECAUTIONS



Please Note:

- All classes / programs / events are subject to change based on new requirements, local outbreaks, etc.
- We will follow all local and state mandates regarding occupancy levels, mask wearing, etc.
- In addition, individual instructors may impose mask requirements or capacity limits for their classes.
- Please remember it is up to YOU to ensure we are able to stay open. Cleaning supplies will be provided to anyone who wishes to clean an area before they use it. It is the responsibility of the participants to clean areas they use.
- If you are sick, please stay at home. Senior Services will be closed down again if local authorities deem it necessary for the safety and well-being of our staff or participants.
- Continue to practice social distancing.
- Consider getting vaccinated if you have not already done so.

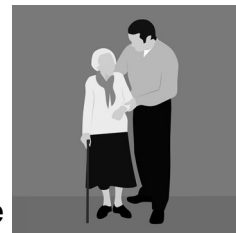
THANK YOU!

MISC. INFORMATION

NEW CAREGIVER ITEMS

If you are a caregiver of an older adult with dementia, we are pleased to announce three new services for which you may be eligible:

- We have activity kits filled with activities to provide stimulation and entertainment for the caregiver and care recipient to enjoy together, or for the care recipient to enjoy on their own in order to allow some respite for the caregiver. Activities were designed specifically for those with Alzheimer's or other dementia.
- We also have robotic pets for those who love animals but can no longer care for a real pet. These "pets" are lifelike and designed to give seniors a sense of companionship and comfort. In addition to being calming and soothing, they often create a sense of purpose for those with dementia.
- The third item is a GPS system for those caregivers who have loved ones prone to wandering. Senior Services can provide the device as well as a one year subscription to those who need it to provide peace of mind and prevent a tragic situation.



If you would like more information about any of these items or other resources for caregivers, please call Kelly Sloan, Services Coordinator, to discuss.



TABLET LOANER PROGRAM

Senior Services is pleased to announce that participants can now borrow tablets while at the main campus. Surf the web, play games, email your kids - whatever you need to do. Tablets can be checked out at the front desk for in-building use only. Participants must leave driver's license or ID to checkout the tablet. Tablets may not be removed from the building.

Not sure how to use the tablet? No problem. Just come to one of the new Tech Tuesdays offered the 3rd Tuesday of each month at 10:00am. Check out a tablet then attend to have your questions answered. Call or see a staff member for more information.

SENIOR GAMES / SILVERARTS

If you are 50 or older, we want you to participate in Senior Games and SilverArts. Senior Games allows athletes and non-athletes to compete in various sporting events against others in their own age and gender category.

Various games offered include horseshoes, basketball, bocce, tennis, golf, bowling, cornhole, etc. Games are held March - May. SilverArts allows artists and crafters to showcase their work and compete against others in the same categories. Categories include knitting, crocheting, painting, quilting, woodworking, pottery, photography, poems, short stories, and much more. If you can sing, dance, tell a funny story, read a poem, perform a dramatic reading or skit, we need you for the Performing Arts section of SilverArts. Your registration includes participation in most activities, opening ceremonies with lunch, closing ceremonies with dinner, and a great t-shirt.



Join in on the fun and register today. See the full schedule on page 13.

SENIOR GAMES & SILVERARTS

Don't miss your chance to participate in Senior Games & SilverArts. Registration is \$12.00 and includes a t-shirt, 2 meals, and participation in most Senior Games and SilverArts events. Registration forms are available on our website or at Senior Services starting Jan. 28. Deadline to register is February 25. Below is the schedule of events.

Friday, February 25

4:30 PM - Senior Games Registration Deadline

Tuesday, March 15

10:00 AM - Opening Ceremony with Basketball Shoot, Funwalk, Football Throw, Softball Throw, and Spincasting (local only)
RISE Indoor Sports Complex

Wednesday, March 16

9:30 AM - Pickleball Singles, Doubles, Mixed Doubles
Davie County Community Park

Tuesday, March 22

9:30 AM - Cornhole (Women)
1:30 PM - Cornhole (Men)
Brock Recreation Center

Saturday, April 2

9:00 AM - 10K Run, 5K Race Walk*
Nick Jamison Park, Winston Salem

Monday, April 4

9:00 AM - Bowling Doubles
Creekside Lanes, Winston Salem

Tuesday, April 5

10:00 AM - Badminton
Brock Recreation Center

Wednesday, April 6

9:30 AM - 50, 100, 200, and 400 Meter Dashes
10:00 AM - 1500 M, 5K Powerwalking
10:30 AM: 800 M, 1500 M Run, 1500 M Race Walk
Davie County Community Park Track

Thursday, April 7

9:00 AM - Cycling+
Charlotte Motor Speedway, Concord

Monday, April 11

9:00 AM - Bowling Mixed Doubles
Creekside Lanes, Winston Salem

Tuesday, April 12

9:30 AM - Discus, Shot Put, and Long Jumps
Davie County High School

Wednesday, April 13

10:00 AM - Mini Golf
Adventure Landing, Winston Salem

Tuesday, April 19

9:00 AM - Tennis Doubles & Mixed Doubles*
Joe White Tennis Center, Winston Salem
3:00 PM - Literary Arts Deadline
Davie County Senior Services Main Campus

Wednesday, April 20

9:30 AM - Horseshoes (Men)
Cooleemee Recreation Center

Thursday, April 21

9:30 AM - Horseshoes (Women)
Cooleemee Recreation Center

Saturday, April 23

9:00 AM - 5K Run*
Nick Jamison Park, Winston Salem

Monday, April 25

9:00 AM - Tennis Singles*
Joe White Tennis Center, Winston Salem

Tuesday, April 26

9:00 AM - Croquet (Women), Shuffleboard (Men)
Bermuda Village

Wednesday, April 27

9:30 AM - Archery
Camp Manna
2:00 PM - Swimming
Davie Family YMCA

Thursday, April 28

9:00 AM - Croquet (Men), Shuffleboard (Women)
Bermuda Village

Friday, April 29

10:00 AM - 11:00 AM - SilverArts Drop-off
Davie County Public Library

Monday, May 2

9:00 AM - Bowling Singles
Creekside Lanes, Winston Salem

Tuesday May 3

9:30 AM - Bocce (Women)
Davie County Community Park

Wednesday, May 4

9:30 AM - Bocce (Women)
Davie County Community Park

Thursday, May 5

9:30 AM - Bocce (Men)
Davie County Community Park

Monday, May 9

10:00 AM - Golf
Pudding Ridge Golf Course

Tuesday, May 24

9:00 AM - Table Tennis Singles*
10:30 AM - Table Tennis Doubles*
11:30 AM - Table Tennis Mixed Doubles*
Miller Park, Winston Salem

Thursday, May 26

6:00 PM - Closing Ceremony and SilverArts Follies
Cheerleading, Performing Arts
Davie County Senior Services Main Campus



* denotes partnership with Piedmont Plus + denotes partnership with Cabarrus County

ONGOING ACTIVITIES



Arts & Crafts

ART CLASS

Mondays - 9:00am - 12:00pm

Instructor: Jo Robinson

Beginning students or experienced artists are invited to this class. Jo will teach various techniques at each class and also offer critique of work. Beginners should attend one class prior to purchasing supplies so she can help guide you on what to purchase. ***Open to adults 55 and older and exceptions under the general participation policy.***

QUILTING - NEW DAY!!

Tuesdays - 9:30am - 11:30am

Bring your supplies to work with and learn from other quilters. No instruction is provided. ***This is an intergenerational program.***

WOODCARVING

Wednesdays - 9:00 - 11:00am

Facilitator: Tim Trudgeon

Cost: \$8.75 for new students to cover initial supplies

Anyone with an interest in carving is invited to attend. Please call before attending your first session. ***This is an intergenerational program.***



Chorus

DAVIE COUNTY SINGING SENIORS

Each Thursday - 10:00am

(January - June/September - December)

Chorus Director: Marie Craig

Annual Dues: \$10.00

If you love to sing, why not join this fun group? The chorus practices each week and performs at churches, civic clubs, nursing homes, and community events. ***Open to adults 55 and older and exceptions under the general participation policy.***



Computers

COMPUTER LAB

Ten computers are available in our lab during normal operating hours when there is not a class in progress. Call ahead to make sure the lab is available or just drop in.

Users must be 55 or older.

TECH TUESDAYS

Starting in February, Jazmyne Baylor from the Davie County Public Library will be here every 3rd Tuesday at 10:00am to answer your questions about computers, tablets, or phones. Register today to participate.

TABLET LOAN PROGRAM

Senior Services has several tablets to loan out to participants while they are at the main campus. See a staff member for all the details.



Dance

ALL DANCE CLASSES ARE HELD AT THE BROCK HEALTH & FITNESS CENTER. NO REGISTRATION NEEDED BUT CLASS SIZE MAY BE LIMITED.

Frequent dancing has been shown as a significant factor in the reduction of dementia among seniors. We have several line dancing classes from which to choose, depending upon your skill level. ***All classes are open to adults 55 & older & exceptions under the general participation policy. Instructors will determine mask requirements/room capacity.***

BASIC STEPS - Tuesdays - 9:45 - 10:45am

Instructor: Vickie Spivey - For absolute beginners, this will teach you the names of the basic steps and simple dances using those steps.

LEVEL 1- Tuesdays/Thursdays - 8:45 - 9:45am

Instructors: Vickie Spivey, Julie Cartner

This is for those who know the basic steps and have a desire to continue to learn more dances.

ONGOING ACTIVITIES

LEVEL 2 - Wednesdays & Thursdays - 9:45 - 10:45am

WEDNESDAY CLASS ALSO AVAILABLE BY ZOOM

Instructors: Vickie Spivey, Cathy Smith

For those who have the basics down, we will learn more complex dances. This class teaches a 30 minute program that will be used to perform several times monthly to dance for long term care residents and community events. (Not required for participation in class.)

SOCIAL LINE DANCING - INTERMEDIATE LEVEL (EVENING) - Thursdays - 6:00 - 7:00pm

Instructor: Vickie Spivey

Join this group to learn the most popular dances on the dance circuit. Requests are taken.



Drop In Activities

Senior Services invites you to drop by any time we are open to enjoy the following (may be based on room availability - feel free to call ahead):

Main Campus:

*Books *Card/Board Games *Computer Lab
*Shredder

Brock Campus:

*Fitness Room *Scales *Shredder *Gym

Exercise



ALL EXERCISE CLASSES WILL BE HELD AT THE BROCK HEALTH & FITNESS CENTER & ARE OPEN TO THOSE 55 AND OLDER

SILVERHEALTH

Mon. / Wed. / Fri. - 8:30 - 9:00am

Instructor: Mike Orsillo

Cost: No charge to participant

This class works with hand weights and resistance bands and focuses on basic strength and flexibility, especially those important core muscles.

MORNING WAKE UP PROGRAM

Mon. / Wed. / Fri. - 9:00 - 9:30am

Instructor: Mike Orsillo

Cost: No charge to participant

This class is a continuation of the SilverHealth class. Come at 8:30am for strength and flexibility and stay for this class for 30 minutes of cardio movement. This class builds upon SilverHealth & is designed to be done together with SilverHealth.



BOWLING LEAGUE

Mondays - 9:00am -

Cost: \$6.75 per session (3 games)

Location: Creekside Lanes

Our bowlers will be starting another session soon. Regular bowlers and substitutes are welcomed. ***You must provide your own transportation to the bowling alley. Senior Services/County vans will not be available.***

PICKLEBALL OPEN PLAY

Mondays & Fridays - 10:00 - 11:30am

Wednesdays - 5:30 - 7:00pm

Brock Health & Fitness Center

Tuesdays & Thursdays - 9:30 - 11:00am

Davie County Community Park

Pickleball has been described as a combination of ping pong, tennis, and badminton.

YOGA FOR SENIORS

Instructor: Kim Crawford

Dates: January 3 - March 30

3 CLASSES TO CHOOSE FROM:

Mon & Wed: 11:00am - 12:00pm

Mon & Wed: 12:15 - 1:15pm - ALSO

AVAILABLE BY ZOOM - MUST

INFORM US WHEN REGISTERING IF DOING VIRTUALLY

Mon: 6:00 - 7:00pm

Cost: No charge (Senior Services pays the instructor fee - donations to Senior Services are appreciated)

Limited to first 20 per session who register. You are required to bring your own yoga mat.

Yoga is a gentle form of exercise that helps improve flexibility and relieve stress. This class is designed specifically for seniors.

Registration for all yoga sessions begins

ONGOING ACTIVITIES

December 15 at 8:00am. Please do not leave a message for yoga sign up as you will not be guaranteed a spot unless you speak with someone. You may only sign up for 1 yoga session per quarter.

CHEERLEADING - DAVIE DAZZLERS

Mondays - 4:00 - 5:00pm

Instructor: Ina Beavers

Cost: No charge to participant

If you would like to join this fun group, they meet each Monday for practice. You do not have to compete in order to be part of the group.

AFTER FIVE FITNESS

Mondays & Wednesdays - 5:00 - 6:00pm

Instructor: Marge Walls-Walker

Cost: No charge to participant

Join us to age healthy, strong, balanced, and gracefully. Cardio, strength training, flexibility, and balance - we do it all!

TAI CHI FOR ARTHRITIS FOR FALL PREVENTION (TCAFP)

Dates: Tuesdays & Thursday, January 11 - March 17 - 11:00am - 12:00pm

Instructor: Kelly Stellato

Limited to the first 12 who register.

TCAFP uses gentle, continuous movements to improve balance, increase muscular endurance and flexibility, and promote relaxation and is recommended by the CDC as an evidenced-based fall prevention program. This class is conducted standing; however, in certain situations, a chair may be used for support and to improve stability.

ZUMBA

Dates: Tuesdays & Wednesdays, January 4 - March 30 - 6:00pm

Instructor: Krysta Gary

Cost: No charge (Senior Services pays the instructor fee - donations to Senior Services are appreciated)

Limited to first 20 per session who register.

Zumba is designed to get you up and moving! These moves are inspired by Latin dance steps and will help you have fun while increasing your heart rate and burning calories.

The 2:00 class is on hold this quarter due to unavailability of the instructor. Stayed tuned for the return next quarter.

BASKETBALL OPEN PLAY

Wednesdays - 10:00 - 11:00am

Want to play a game of basketball? Come practice basketball with the Silver Spirits basketball team! This is a great way to meet new people and stay active.

CHAIR YOGA

Thursdays - 12:30 - 1:30pm

Dates: January 6 - March 31

Cost: No charge

Limited to the first 20 per session.

Modified for sitting in a chair, Chair Yoga contains all of the benefits of traditional yoga including: increased balance, increased flexibility, reduced stress, and focused breathing. **Registration for all yoga sessions begins September 15 at 8:00 AM. Please do not leave a message for yoga sign up as you will not be guaranteed a spot unless you speak with someone. You may only sign up for 1 yoga session per quarter.**

WALKING HOURS

Monday - Friday - 8:00 - 10:00am

Looking to get those steps in and don't want to walk alone? Come join others for walking hours every weekday morning in the gym!

Don't forget to join our Brock Senior Steppers program to earn great prizes.

FITNESS ROOM

Monday - Thursday - 8:00am - 8:00pm

Friday - 8:00am - 4:30pm

Cost: No charge (donations to Senior Services are appreciated)

Our fitness room is stocked with great fitness machines that can be used by adults 55 and older at no charge. Equipment is available on a first come first serve basis. Training is required prior to the first time using equipment.

Please call for an appointment for training.

OPEN GYM

Monday - Thursday - 8:00am - 8:00pm

Friday - 8:00am - 4:30pm

The gym is available for walking, playing basketball, etc. anytime there is not a pre-scheduled program. Please note that the gym is only available to those 55 and older.

ONGOING ACTIVITIES



Games

SKIPBO

Mondays - 1:00pm

If you can count to 12, you can play this fun game. Beginners are welcome and any number can play. Open to adults 55 & older and exceptions under the general participation policy.

DUPLICATE BRIDGE

Wednesdays - 1:00 - 4:15pm

Bring a partner and join this group for duplicate bridge. **Group refreshments will not be provided. Please bring your own drink and pre-packaged snack if desired. Open to adults 55 & older & exceptions under the general participation policy.**
Alternates may be under age 55.

TEXAS HOLD 'EM

Thursdays - 1:00pm

This poker game is played for fun only - NO REAL BETTING ALLOWED. Any number can play & beginners are welcomed. **Open to adults 55 & older & exceptions under the general participation policy**



Lending Library

We accept donations of recently published books in good condition at the main campus. These may be checked out at the front desk. Please limit donations to hardcover, recent publications (within the past 5 years). We will donate any books we cannot use to another organization.



Lunch

Mondays - Fridays - 11:00am

Staff Contact: Stacey Southern, Nutrition Program Coordinator

Cost: No charge, donations appreciated

Each weekday Senior Services serves a nutritionally balanced lunch to seniors. Those 60 and older who wish to fill out paperwork can eat at no charge. Those who are under 60 or do not wish to fill out paperwork pay \$3.50. A program is offered each day at 10:00am before lunch. On Tuesdays, Wednesdays, & Thursdays you may choose from the hot meal or a chef salad meal. **You must call by noon the day before you plan to eat to order a meal.**



Special Interest

SENIOR SERVICES ADVISORY COUNCIL

3rd Tuesday of every other month - 3:00pm - (January 18, March 15)

Staff Contact: Kim Shuskey, Director

This is a volunteer group appointed by Davie County Health & Human Services Board to help Senior Services plan, set goals, and fundraise. Meetings are open to the public.



SERVICES

CAREGIVING RESOURCE CENTER

Staff Contact: Kelly Sloan, Services Coord.

Cost: No charge

Materials of interest to caregivers - videos, books, pamphlets - are available to check out at Senior Services. Open to any age.

CAREGIVER SUPPORT PROGRAM

Staff Contact: Kelly Sloan, Services Coord.

Cost: No charge, donations appreciated

This program can provide a trained worker to stay with your loved one while you get a break. We can also provide free nutritional supplements and incontinence supplies, as well as robotic pets, activity kits and GPS trackers for those with dementia. To qualify, you must be providing care to someone 60 or older in Davie County who needs assistance with certain activities of daily living and/or has Alzheimer's regardless of age. Call for appointment for an assessment. Home visits can be arranged.

DISABLED VETERANS OUTREACH PROGRAM

Veterans with significant barriers to employment are eligible to work with a DVOP specialist for help with employment and training services. Representative is available at the Brock Campus each Thursday from 9:00am - 3:00pm. Call 919-710-4093 for an appointment.

DIVISION OF SERVICES FOR THE DEAF & HARD OF HEARING

On the 3rd Tuesday of every other month from 10:00 - 11:30, the Division of Services for the Deaf & Hard of Hearing is here for a closed meeting for pre-scheduled consumers applying for a hearing aid through the state equipment distribution program. For information on how to apply to this program, call 336-273-9692.

FIDGET APRONS & TWIDDLEMUFFS

Staff Contact: See any staff member

Cost: No charge, donations appreciated

These items provide those with Alzheimer's or other forms of dementia something to keep their hands busy which can help reduce agitation and wandering. They are made by volunteers and are provided to anyone who can use one.

HANDMADE PERSONAL ITEMS

Staff Contact: See any staff member

Cost: No charge, donations appreciated

Senior Services has bibs and walker aprons made by volunteers to give to those who need them. If you or someone you know can benefit from these items, please see a staff member.

HOMEBOUND MEALS (MEALS ON WHEELS)

Staff Contact: Kelly Sloan, Services Coord.

Cost: No charge, donations appreciated

Homebound meals provide a nutritionally balanced meal to homebound seniors 5 days a week. To qualify, one must be 60 or older and unable to cook for him/herself. The person must also be homebound, meaning that it is very difficult for him/her to leave the home due to a physical or mental impairment. Call for an appointment for an assessment.

INFORMATION & ASSISTANCE

Staff Contact: Kelly Sloan

Our Social Workers can answer questions and assist seniors, family members, and caregivers of any age in obtaining a wide variety of services and information for seniors. All assistance is confidential. Call for an appointment. Home visits can be arranged.

IN-HOME AIDE SERVICES

Staff Contact: Michelle Brake, Adult Services Social Worker

Cost: No charge, donations appreciated

This program is designed to assist adults and their families with attaining and maintaining self-sufficiency and improving quality of life while remaining in their own homes.

LEGAL AIDE

Staff Contact: Meagan Tomlin, Veterans Services Officer

Cost: No charge, donations appreciated

This program provides limited legal assistance to low income seniors aged 60 & older. For those who cannot afford it, we will pay attorney fees for such things as a will, power of attorney, health care power of attorney, and a living will. You must make an appointment with us prior to seeing the attorney. We can not pay bills that you have already received. Call for an appointment.

SERVICES

NOTARY SERVICE

Staff Contact: Tracy Veach, Admin. Asst.

Cost: No charge

Time: By appointment only

We will provide free notary services to those 55 and older. As written in the notary rules, the notary can refuse to notarize any document at her discretion. Car titles will not be notarized.

OPTIONS COUNSELING

Staff Contact: Kelly Sloan

Cost: No charge, donations appreciated

Our certified Options Counselors can help persons who are planning for a change in their lives and are seeking out their options for assistance. Persons who can benefit might include those planning to retire and wanting to discuss options to sustain health, wellness and independence, those who start having difficulty in completing day to day tasks, those who are relocating and exploring housing options, or those who are dealing with a recent diagnosis of Alzheimer's. All assistance is confidential. Call for an appointment for assistance. Home visits can be arranged.

REVERSE MORTGAGE COUNSELING

Time: By appointment only

We can get you in touch with the certified Reverse Mortgage Counselors in our area. We also welcome you to meet with them at our building. Call for more information.

SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM

Time: By Appointment only

The Senior Community Service Employment Program helps low income older adults find employment in non profit and government organizations, receiving necessary job training to help them find unsubsidized jobs in the future. This program is administered by the Winston Salem Urban League. Representatives from the Urban League will meet with prospective candidates at Senior Services by appointment. For more information about this program, call the Winston Salem Urban League directly at 336-725-5614.

SHIIP - (Seniors' Health Insurance Information Program)

Staff Contact: Michelle Ellis,

SHIIP Coordinator, Assistant Director

Cost: No charge, donations appreciated

Volunteers trained through the NC Dept. of Insurance can help answer questions about Medicare, Medicare supplements and Medicare's Prescription Drug Program. Available to any age person on Medicare.

SHREDDER

Staff Contact: See any staff member

Don't throw documents containing personal information in the trash & risk having someone steal your identity. Instead, bring your items here to shred. Please remove all staples, paperclips, etc. & bring only loose paper, not bound items.

SITTERS LIST

Staff Contact: See any staff member

Senior Services maintains a list of people interested in sitting with older adults on a private pay basis. **This list is for informational purposes only.** Inclusion on this list is open to anyone who wishes to be included and is not a recommendation or testament of character by Senior Services. We are not responsible for checking references of applicants, hiring decisions, interviewing, setting of pay scale, background checks, or quality of work.

SPECIAL ASSISTANCE IN HOME

Staff contact: Michelle Brake, Adult
Services Social Worker

This program provides low-income residents who are eligible for Medicaid with a monthly cash benefit to help them remain living in their homes. It is intended to prevent the unnecessary or premature placement of person in residential care facilities if they have the desire to live at home with assistance.

VETERANS SERVICES

Staff contact: Meagan Tomlin, Veterans
Services Officer

The Veterans Services Officer, located at our Brock Campus, can help any Davie County veteran or their family apply for benefits to which they may be entitled. Call 336-753-6225 for an appointment.

WAYS TO HELP



Financial Support

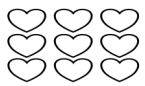
LEGACY GIFT PROGRAM

Senior Services is committed to bring quality programs & services to older adults in our county, most at no charge. We also want to plan ahead to meet future needs. To do this donations are needed and appreciated. Legacy gifts is our term for these charitable contributions. Donations are accepted in the following areas:

- **Outright Gifts** - donations of cash, property or certain securities
- **Bequests** - name Senior Services in your will as a beneficiary of cash, property, a percentage of the estate or the remainder of the estate
- **Insurance Policy Beneficiary** - Name Senior Services as beneficiary of death benefit
- **Retirement Plan / IRA** - Name Senior Services as beneficiary of death benefit
- **Endowment Fund** - Make any of the above gifts through the Davie Community Foundation to provide permanent financial support for programs & services

Please contact us for more information about donating to Senior Services. Legacy Gifts received will be recognized once a year in our Davie County Senior Services' Annual Report available each year by August 1.

Donations are tax deductible.



Volunteer Opportunities

All volunteers receive training & orientation before beginning any assignment. Volunteers should be 18 years or older. Younger volunteers should be accompanied by a parent or guardian.

CLASS INSTRUCTORS

Contact: Michelle Ellis, Assistant Director

We are always looking for various types of instructors. Volunteers help our dollars go farther, but instructors may be able to be compensated if funding permits.

FRONT DESK VOLUNTEERS

Contact: Tracy Veach, Admin. Assistant

Volunteers are used for afternoons at the front

desk of both locations. Volunteers greet visitors as they come in, ensure guests are signed in and directed to the appropriate room, register seniors for upcoming events, and may perform some office work.

HOMEBOUND MEAL DRIVERS

Contact: Stacey Southern, Nutrition Program Coordinator

Drivers deliver meals to homebound seniors. It takes approximately 2 hours to complete a route and volunteers may deliver as often as they wish. Mileage reimbursement can be paid. Background screening required. Training for new volunteer drivers is provided by appointment only.

LUNCH VOLUNTEERS

Contact: Stacey Southern, Nutrition Program Coordinator

Volunteers are needed to help serve lunch, wash dishes, and clean up afterwards.

OFFICE HELP

Contact: Tracy Veach, Admin. Assistant

Occasionally Senior Services needs help with various office tasks such as mass mailings, etc. Call to be placed on a list to help.

SHIIP (Seniors' Health Insurance Information Program) VOLUNTEER COUNSELOR

Contact: Michelle Ellis, Assistant Director

Volunteers are required to complete initial online training & attend quarterly trainings after that. Volunteers must perform at least 40 hours of service each year.

SPECIAL EVENT ASSISTANCE

Contact: Carrie Miller, Events Coordinator

From time to time Senior Services needs assistance in putting on events. From food preparation to decorating - there are many ways to help.

TAX AIDE VOLUNTEERS

Contact: Kim Shuskey, Director

Tax-Aide counselors complete 30 hours of training. Interested individuals should have some knowledge of the IRS tax code (gained by preparing your own returns previously or prior employment with a tax service), computer skills, and enjoy working with people.

CALENDAR OF EVENTS

SEE ALL THE DETAILS ABOUT THESE EVENTS, INCLUDING REGISTRATION DEADLINES, ON THE INSIDE OF THIS NEWSLETTER! ALL ACTIVITIES HELD AT THE MERONEY STREET LOCATION UNLESS OTHERWISE INDICATED.

JANUARY



- Jan. 3 - Brock Senior Steppers Program starts
- Jan. 3 - New Yoga Session starts
- 11:00am - Brock Campus
- Jan. 3 - New Yoga Session starts
- 12:15pm - Brock Campus or Zoom
- Jan. 3 - Bowling Lunch - 1:00pm
- Jan. 3 - New Yoga Session starts
- 6:00pm - Brock Campus
- Jan. 4 - Blood Pressure Screenings
- 10:00am
- Jan. 4 - New Zumba session starts - 6:00pm
- Jan. 5 - Cornhole League Starts - 1:00pm - Brock Campus
- Jan. 6 - New Chair Yoga session starts - 12:30pm - Brock Campus
- Jan. 6 - Senior Writing Group - 2:00pm
- Jan. 7 - Winter Dance - 2:00pm - Brock Campus
- Jan. 10 - Information Session for A Matter of Balance - 10:00am
- Jan. 10 - Monthly Movie - 1:00pm
- Jan. 11 - Coffee & Caregiving - 10:00am
- Jan. 11 - Common Spinal Disorders and Treatments - 10:00am
- Jan. 11 - Tai Chi for Arthritis for Fall Prevention class starts - 11:00am - Brock Campus
- Jan. 11 - Got Plans? - 1:00pm
- Jan. 11 - Scrapbooking - 2:00pm
- Jan. 14 - Bingo - 1:00pm
- Jan. 17 - CLOSED FOR MARTIN LUTHER KING, JR. DAY
- Jan. 18 - Tech Tuesday Talk - 10:00am
- Jan. 18 - Advisory Council Meeting - 3:00pm

- Jan. 19 - Caregiver Academy - 1:00pm - Davie Medical Center or via Zoom
- Jan 20 - Conversation With Your Elected Officials - 9:45am
- Jan. 20 - Senior Book Club - 12:30pm - Davie County Public Library
- Jan. 24 - Vision Screenings - 10:00am
- Jan. 25 - Coffee & Caregiving - 10:00am
- Jan. 25 - Veterans Social - 1:00pm
- Jan. 26 - A Matter of Balance Classes start - 12:00pm
- Jan. 27 - Good Health Club - 1:00pm
- Jan. 28 - Senior Games Kickoff - 10:00am - Brock Campus



INCLEMENT WEATHER POLICY

The weather can be bad during the winter months. County management may deem conditions unsafe for opening or may delay opening during times of inclement weather. If you question whether or not Senior Services is open, always call first before heading out to ensure we are operating on a regular schedule.

Thank you!

CALENDAR OF EVENTS

SEE ALL THE DETAILS ABOUT THESE EVENTS, INCLUDING REGISTRATION DEADLINES, ON THE INSIDE OF THIS NEWSLETTER! ALL ACTIVITIES HELD AT THE MERONEY STREET LOCATION UNLESS OTHERWISE INDICATED.

FEBRUARY

- Feb. 1 - Blood Pressure Screening - 10:00am
- Feb. 2 - Tax Aide starts - by appt. only - 8:30am
- Feb. 3 - Badminton / Ping Pong Workshop - 1:00pm - Brock Campus
- Feb. 3 - Senior Writing Group - 2:00pm
- Feb. 4 - Knitting Classes start - 9:00am
- Feb. 4 - Bingo & National Wear Red Day - 1:00pm
- Feb. 8 - Coffee & Caregiving - 10:00am
- Feb. 8 - Got Plans? - 1:00pm
- Feb. 8 - Scrapbooking - 2:00pm
- Feb. 8 - Memory Café - 2:00pm
- Feb. 10 - Meet the Candidates - 5:00pm
- Feb. 10 & 11- Singing Telegrams - Call to schedule by Jan. 31.
- Feb. 11 - Beginner's Pickleball Clinic - 1:00 - 3:00pm - Brock Campus
- Feb. 14 - Valentine's Day Party - 2:00pm
- Feb. 15 - Tech Tuesday - 10:00am
- Feb. 16 - Caregiver Academy - 1:00pm - Davie Medical Center or via Zoom
- Feb. 17 - Senior Book Club - 12:30pm - Davie County Public Library
- Feb. 18 - Intermediate Pickleball Clinic - 1:00 - 3:00pm - Brock Campus
- Feb. 21 - Division of Services for the Deaf and Hard of Hearing - 10:00 AM
- Feb. 21 - Monthly Movie - 1:00pm
- Feb. 22 - Coffee & Caregiving - 10:00am
- Feb. 22 - Black History Month Celebration - 2:00pm
- Feb. 24 - Good Health Club - 1:00pm
- Feb. 28 - Heart Health Seminar - 10:00am

MARCH

- Mar. 1 - Blood Pressure Screenings - 10:00am
- Mar. 3 - Senior Writing Group - 2:00pm
- Mar. 4 - Grands Movie Day - 1:00pm
- Mar. 7 - Legal Seminar - 10:00am
- Mar. 8 - Coffee & Caregiving - 10:00am
- Mar. 8 - Novant Health Seminar - 10:00am
- Mar. 8 - Got Plans? - 1:00pm
- Mar. 8 - Scrapbooking - 2:00pm
- Mar. 10 - Sock Bunny Craft - 1:00pm
- Mar. 15 - Tech Tuesday - 10:00am
- Mar. 15 - Senior Games Opening Ceremonies & Lunch - 10:00am - RISE Sports Complex
- Mar. 15 - Advisory Council Mtg. - 3:00pm
- Mar. 16 - Caregiver Academy - 1:00pm Davie Medical Center or via Zoom
- Mar. 17 - Senior Book Club - 12:30pm - Davie County Public Library
- Mar. 17 - St. Patrick's Day Bingo - 1:00pm
- Mar. 18 - Welcome to Medicare - 10:00am
- Mar. 21 - Monthly Movie - 1:00pm
- Mar. 22 - Coffee & Caregiving - 10:00am
- Mar. 24 - Good Health Club - 1:00pm
- Mar. 25 - Rock-a-Thon: "Rocking the Blues Away" - 5:00pm - Rescue House Church
- Mar. 28 - Disaster Preparedness Seminar - 10:00am



SHIIP INFORMATION



**VOLUNTEER
POWER!**

VOLUNTEERS NEEDED!

SHIIP, the Senior's Health Insurance Information Program, is a division of the N.C. Department of Insurance that offers free, unbiased Medicare counseling. SHIIP trains volunteers so they can help beneficiaries in our community navigate the Medicare system. As a volunteer, you will receive training and materials that will prepare you to answer Medicare questions from your friends, family and members of your community. A caring attitude, strong communication skills and basic computer skills are necessary for SHIIP volunteers. Background screenings are required.

If you are interested in learning more about volunteering for SHIIP, please call Michelle Ellis, SHIIP Coordinator, at Davie County Senior Services. Phone number is 336-753-6230.

HELP WITH PRESCRIPTION COSTS IS AVAILABLE!



There is federal assistance for those with Medicare who have limited resources and income.

If you qualify you can receive assistance to help pay for premiums, deductibles and prescription co-payments.

Those with Medicaid need not apply, as they already receive the benefit. Call to speak with a SHIIP counselor to learn more.



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Mocksville, NC 27028
336-753-6230
www.daviecountync.gov

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ADDRESS SERVICE REQUESTED

*It is the mission of Davie County Senior Services
to provide seniors with accessible services and opportunities for
fellowship, fun and learning, through activities and programs that enrich lives.*



Don't Forget!

Anytime you come to Senior Services, please remember to scan your membership card. This helps us to keep track of how many people use our building. We use this information to obtain grants and request additional money when necessary. Scanning your card also lets us know who to call if an ongoing class is canceled for some reason.

If you do not have a membership card, see a staff member today to get one. Membership is free and the information is important to help us maintain a safe environment for our participants.

Call Senior Services at 336-753-6230 for more information or to register for any events or programs in the newsletter.